

Greetings All,

**Hurricane Sandy** is heading northwards and Connecticut may see the effects of it anywhere from Sunday night into Tuesday. It's a bit too soon for any accurate predictions, but currently there are rare factors lining up that are making some meteorologists call the storm "unprecedented."

No matter the potential impact, NOW is the time you should start to prepare. Don't be caught off-guard. Take these practical tips to heart:

- **Stock up on emergency supplies. Important things to have: Water – one gallon per person per day; a battery-powered radio, flashlights and extra batteries, a manual can opener, first aid kit, blankets, raingear & extra warm clothing (put an extra set in your car)**
- Non-perishable food (ready-to-eat soup, cereal, crackers, fruit & vegetables, canned chicken, tuna, peanut butter, shelf stable milk and cheese, apple sauce, granola bars)
- Use flashlights for emergency lighting. Do not use candles.
- Fill extra containers with water. You can fill Tupperware and glass containers for drinking water. Make extra ice now and have a cooler ready in case you have to keep foods cold. You can fill bathtubs and trash cans with water for cleaning purposes and flushing toilets.
- Top off your car with gasoline. Also prepare generators, snow blowers, chain saws and other gas-powered equipment if you have them. **Do not use generators, charcoal or gas grills in your home, garage, or anywhere else indoors. Carbon monoxide is odorless and can kill.**
- Refill needed prescriptions. Contact visiting nurses and meals on wheels to plan for service disruption if you use these services.
- Take in lawn furniture. Secure anything that could be hazardous if wind-swept.
- **Charge your cell phones, computers, and any other battery-powered communications devices.**
- Check downspouts around your home. Repair or reposition them so water drains away from the foundation of your home.
- Check in on neighbors who may need help.
- Be accountable for yourself and your family. Have an emergency contact list and an out-of-state central contact so family members can check in with each other. Also have extra cash on hand and identification.
- **Give extra consideration to special needs for babies, elderly, health-impaired, and pets!** Consider things like oxygen supplies and electric-powered medical equipment. Put a plan into place so you can get help if you need it.
- Learn where shelters may be set up in your town.
- Plan for disruptions at school or work.
- Locally listen to WINY Radio, 1350AM for weather-related and emergency information. You may also be able to listen on-line at [www.winyradio.com](http://www.winyradio.com)

Additional resources at: [www.weather.com](http://www.weather.com), [www.ready.gov](http://www.ready.gov), and <http://www.redcross.org/>

Get a kit of supplies. Make a plan, and be informed...so you can be in the know and ready to go!

Be safe!

Linda

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The Northeast District Department of Health (NDDH) serves over 85,000 residents in 12 towns and covers approximately 438 square miles. NDDH will, through community partnerships, prevent illness, promote wellness and protect the health of the residents of northeastern Connecticut by monitoring health concerns and encouraging healthy lifestyles. NDDH public health services cost member towns just over a penny a day per person!